

Group Anger Management Treatment

Program Goals and Overview

Goals

1. Learn to manage anger
2. Stop violence or the threat of violence
3. Develop self-control over thoughts and actions
4. Receive support and feedback from others

We strive for a reduction in the frequency and severity of angry outbursts on a daily basis.

The Program

Our program is comprised of (12) 120 minute group sessions in which cognitive behavioral therapy is used to help illicit change in behavior. Clients will be exposed to relaxation interventions, cognitive interventions, and communication skill interventions.

Curriculum

Our anger management program utilizes a data-driven curriculum developed by the Substance Abuse and Mental Health Services Administration (SAMHSA).

If a client has the opportunity to face a smaller, less intense anger event, they are more likely to avoid the larger, more explosive event. Teaching a client how to recognize anger in the early stages is one of the many steps to alleviating an anger problem.

Ultimately, it is designed to teach participants new ways to recognize triggers and to cope with their anger.

Anger is a normal

emotional

response

to many things.



How we **choose**

to *respond* to anger tells

us everything.



Clinical Outcomes Group, Inc.

Improving the Health of Our Communities



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Improving the Health of Our Communities

Anger Control Education



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Anger Management

Anger is a *common* response to many different situations (frustration, fear, annoyance, resentment, and disappointment). It is safe to say that everyone has felt anger sometime in their life. Anger becomes a problem when it becomes too frequent, too intense, and is dealt with in a way that is maladaptive to the situation at hand.



SOME INDIVIDUALS COPE WITH ANGER IN MALADAPTIVE WAYS.

Clinical Outcomes Group Inc. has been taking numerous calls addressing a need for services within Schuylkill County pertaining to anger management.



BREATHING TECHNIQUES ARE ONE OF THE MANY NEW TECHNIQUES CLIENTS WILL LEARN.

We are now proud to offer such a group.

Friday's
10 a.m.—12 p.m.

REFERRALS

Individuals can be referred to this program through community systems such as: courts, Adult Probation, internal referrals from Clinical Outcomes therapists, or members of other human service fields. Self-referrals are also accepted. **To make a confidential referral, please contact us by calling (570) 628-6990 or 1-800-264-1290.**

ASSESSMENT

Once a referral has been made, an assessment is the next step. This process is designed to identify individuals who can benefit from the program and gather a personal history from referred individuals.

FEE SCHEDULE

ACE is not usually covered or funded by any commercial or public insurances for external referrals. Instead, external referral program services are paid for out-of-pocket.

Assessment—\$150.00

Group Session—\$50.00

Individual Session —\$50.00

COGI accepts payments in the form of cash, credit, and debit cards.

CASE MANAGEMENT SERVICES

ACE Case Management Services help participants identify and address a wide variety of needs through coordinated referrals to health and human service programs.

PROGRAM DISCHARGE

Successful program completion requires that participants adhere to all conditions placed upon them by the legal system and COGI staff. Failure to comply with any of these conditions may result in termination of program services and re-sentencing by the court.



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